

Waukesha County WIC Program, 514 Riverview Ave, Waukesha, WI 53188

Tel: 262-896-8440

Fax: 262-896-8365

January - March 2018

NEW WIC ELIGIBILITY REQUIREMENTS

When preparing to come to your WIC recertification appointment, please be aware of the change in our guidelines for the proof of income. One of the following items must be presented in order to verify income eligibility for the program.

Proof of current enrollment in any of the following programs (electronic proof allowed):

- Current Notice of Decision for FoodShare,
- Wisconsin Works (W-2) or Wisconsin Shares Child Care
- ForwardHealth Card

OR Proof of all income for the entire household for the past 30 days (electronic proof allowed):

- Current pay or unemployment check stubs
- Child support statement
- SSI / Disability Statement

UNDER THE WEATHER?

Please do not come to your WIC appointment if you or your children are sick with:

- Flu (Fever, Cough, Sore throat)
- Chicken pox
- Fever and rash
- Vomiting/Diarrhea
- Bad cough



It is important to protect others from contagious diseases. In these instances, please call the WIC office to reschedule your appointment at (262) 896-8440.

Limit the spread of germs and teach your children to prevent infection by following the tips below:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue away immediately after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. If you are not near water, use an alcohol-based hand sanitizer.



Our FREE Breastfeeding class schedule for 2018 includes the following dates:

Tuesday, January 30 (12:30-2:30 pm)

Tuesday, April 24 (12:30-2:30 pm)

Please contact Tiffany at 262-896-8362 for more information or to register.



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Search **Waukesha County WIC** and find updates on:

- Pick up hours
- Clinic closings
- Nutrition tips
- Community events
- Recipes and more!

FEATURED WIC RECIPE

Quick Minestrone Soup

In a hurry, but still want to provide a hot, nutritious meal for your family? This quick soup combines WIC foods that you can pull from the cupboard and freezer, and helps you to have a satisfying dinner on the table in less than 30 minutes!

Ingredients

- 1 16 ounce bag frozen, mixed vegetables*
- 1 24 ounce can stewed tomatoes*
- 2 15 ounce cans broth, any flavor
- 1 15 ounce can beans, any type, drained*
- 1 cup whole wheat pasta, any shape*

Directions

1. In a large pot, combine frozen vegetables, tomatoes, broth and beans.
2. Bring soup to a boil and add pasta. Reduce to low heat.
3. Let simmer for 6-8 minutes or until pasta and vegetables are tender.



Recipe from USDA Recipe Finder ; Find more recipes at www.usda.gov/whatscooking

**Food benefits dependent upon WIC participant status and eligibility.*

Weigh-In Mondays

8:15am - 4:00pm

Are you curious to see how much weight your baby has gained?



Mondays are no longer just a benefit pick up day ... we now have our lab available every Monday from 8:15am-4:00pm to weigh your baby. For breastfeeding moms that want the peace of mind knowing your baby is getting enough to eat, stop in for a quick weight check! Our nutritionists and lab staff are here to assist you.



Beat the Winter Blues— Get Out and Move!

The cold and snow of winter can make being active a challenge, but a little movement every day helps to fight the winter blues and keep you healthy.

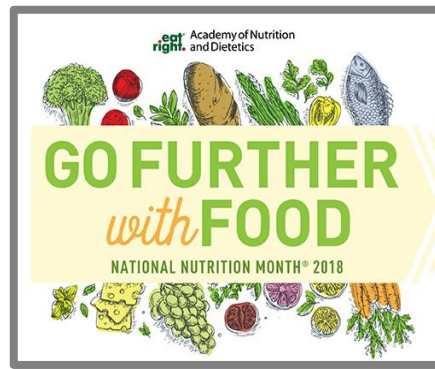
Adults should aim for 30 minutes of moderate physical activity, and children need 60 minutes of activity every day.

To add some indoor fun, play your favorite music and dance—try the freeze dance, copycat dance, or create your own dance. Stretch while listening to music. Build a “playhouse” (drape a blanket over a chair or table), act out your child’s favorite story, or play childhood games, such as “Simon Says,” “I Spy,” “London Bridge,” “Hide and Seek” or “Duck, Duck, Goose.”

Find indoor places to walk—try walking briskly while grocery shopping. Malls or school gyms may also be open for walking.

Get some fresh air by playing with your children outside. Take a walk on clear, safe sidewalks. Try a nature hike, sledding, or climb a snow mountain and make paths in the snow.

Don’t forget to dress for success. Wear a hat, choose boots with good tread, and wear layers so you can adapt to the temperature and your activity level.



"Go Further With Food" in 2018

"Go Further with Food" is the theme for this year's National Nutrition Month®, which

occurs every March. Whether it's starting the day off right with a healthy breakfast or fueling before an athletic event, the foods you choose can make a real difference. Preparing your foods to go further, by planning meals and snacks in advance can also help to reduce food loss and waste.

Learning how to manage food resources at home will help you "Go Further with Food," while saving both nutrients and money.

- Include a variety of healthful foods from all the food groups on a regular basis.
- Consider the foods you have on hand before buying more at the store.
- Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.
- Be mindful of portion sizes.
- Find activities that you enjoy and be physically active most days of the week.

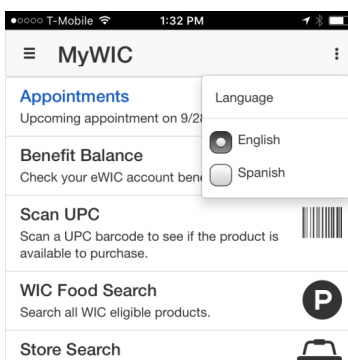
For more information about National Nutrition Month, visit www.eatright.org/nnm/.



Wisconsin MyWIC App

A new update to the MyWIC app now includes a reminder for your upcoming scheduled appointments, in addition to the existing features of searching WIC foods and checking your up-to-date benefit balance.

The MyWIC app is compatible with most modern



phones that use the Android or iPhone operating systems, however, it *will not be* compatible with some older phones. Users of the iPhone 4 should not try to update to the latest version, and should keep the old version of the app.